

# NICKY KNOFF



## YOGA THERAPY WORKSHOP

WAINUI SURF CLUB - GISBORNE  
SUNDAY 15th NOVEMBER 2015

### 2 Sessions

1: 8:30 - 11:00 am (Neck, Backs & Shoulders)

2: 1:00 - 3:30 pm (Hips, Knees & Feet)

Fees: Each Session \$85 or \$155 for both.

Bring: Camera and notepad. Mats, blocks and straps if you have them.

Provide your own lunch.

Wear: Suitable clothing for practice, shorts and or tights and a fitted top.

Please leave all jewelry behind including peircings. Arrive washed without scents.

Yoga therapy is the holistic approach to physical and mental well-being which treats acute or chronic ailments, injuries or misalignments by bringing the whole body into symmetry and balance through yoga:

•Yoga poses (asana) •Breathing (pranayama) •Meditation •Relaxation •Philosophy

### How does it work?

Yoga therapy is distinct from other forms of conventional therapy in that it works to alleviate localised symptoms as well as addressing the causal and peripheral imbalances that would otherwise allow problems to reoccur.

Yoga therapy recognises the body and mind are interconnected through the agency of breath and there is a direct link between mental and physical states and the condition of the breath.

Long slow, steady yoga breathing activates the parasympathetic nervous system, which creates a feeling of peacefulness (the 'relaxation response'), allowing for quicker healing.

Meditation techniques are used to calm the mind, to remove anxiety and also to direct the attention to the injured area, for improved healing. Modified yoga postures are used to encourage healing through increased blood, nerve, lymph and prana flow.

The student is trained to move anatomically correctly, working towards harmony with body, mind and breath.

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